

## Maternal Mental Health Federal Legislative Summary

### 2022: Into the Light for Maternal Mental Health and Substance Use Disorder Act

The United States Congress enacted the *Into the Light for Maternal Mental Health and Substance Use Disorder Act of 2022* as part of the *Restoring Hope for Mental Health and Wellbeing Act of 2022*. This law is a follow on to *Bringing Postpartum Depression Out of the Shadows Act of 2015*. *Into the Light* has two provisions: (1) reauthorizes and increases funds for programs addressing maternal mental health issues at the state level and (2) authorizes and increases funds for the National Maternal Mental Health Hotline. Funding was authorized for FY23-28 at \$34 million a year for a total of \$170 million. [Read the text of the law.](#)

### 2022: TRIUMPH for New Moms Act

The United States Congress enacted the *TRIUMPH for New Moms Act of 2022* as part of the *Restoring Hope for Mental Health and Wellbeing Act of 2022*. This law establishes a National Task Force on Maternal Mental Health that will produce a national strategy and provide recommendations to state governors. [Read the text of the law.](#)

### 2020: Military Moms Mental Health Assessment Act

The Comptroller General of the United States shall conduct a study on prenatal and postpartum mental health conditions among members of the Armed Forces and their dependents. [Read the text of the law.](#) [Read the report.](#)

### 2020: Funding for the National Maternal Mental Health Hotline

The United States Congress provided \$3 million to establish and maintain a national maternal mental health hotline to be staffed by qualified counselors for 24 hours a day. Funding may also be used for outreach to raise awareness about maternal mental health issues and the hotline. [Learn more here.](#)

### 2016: Bringing Postpartum Depression Out of the Shadows Act

The United States Congress enacted the *Bringing Postpartum Depression Out of the Shadows Act of 2015* as part of the *21st Century Cures Act*. This law provides funding for state grants for programs addressing maternal mental health issues. Funding was authorized for FY 2018-2022. [Read the text of the law.](#)

### Federal Funding for Maternal Mental Health Programs

	FY18	FY19	FY20	FY21	FY22	FY23	Total	FY24 Pres Budget
State Grants	\$5M	\$5M	\$5M	\$5M	\$6.5M	\$10M	\$36.5M	\$10M
Hotline				\$3M	\$4M	\$7M	\$14M	\$7M